

Counselling Resources for Langley

Services included in this booklet include

- ✓ **Free counselling**
- ✓ **Family support programs**
- ✓ **Child Protection**
- ✓ **Family Services**
- ✓ **Guardianship**
- ✓ **Youth Justice**
- ✓ **Child/Youth Mental Health (counselling)**
- ✓ **Harm reduction programs,**
- ✓ **Mental health counselling,**
- ✓ **Employment and housing support,**
- ✓ **Life skills training**
- ✓ **24 HOUR CRISIS LINES FOR TEENS**

***Note: All services listed are free and confidential**

If you require immediate crisis help

- **Please dial 1-800-784-2433 to connect to the B.C. mental health crisis line, which operates 24 hours a day.**
- **For medical emergencies call 9-1-1.**

Ministry of Children and Family Development (MCFD) - Langley

Address: Building 100, 20434 64th Avenue, Langley, BC

Phone: 604-514-2711

1-800-663-9122

Fax: 604-514-2710

Organization Website:

<http://www.gov.bc.ca/mcf>

Provided Services—free and confidential

- **Child Protection**
- **Family Services**
- **Guardianship**
- **Youth Justice**
- **Child/Youth Mental Health (counselling)**

Child & Family Services Office for Langley

Bldg 100, 20434 64th Ave., Langley, BC, V2Y 1N4

Phone: 1-604-514-2711

<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-langley>

Provided Services—free and confidential

- **Free counselling**
- **family support programs**

Child & Youth Mental Health for Langley

120-20434 64th Avenue, Langley

Phone: 604-514-2711

Child & Youth Mental Health (CYMH) are offering services with safe physical distancing, available in-person and virtually/by phone. Before visiting the walk-in intake clinic, please contact 604-514-2711

Free and confidential Support

Concerns Most Commonly Addressed:

- **Feelings of anxiety**
- **Low or cycling moods**
- **Behaviour difficulties**
- **Self-harm**
- **Suicidal thoughts and behaviour**
- **Trauma**

Langley Youth Hub

**LANGLEY YOUTH HUB
6275 203RD STREET
LANGLEY BC
V3A 5E6**

**TELEPHONE: 604.546.1130
FAX: 604.546.1132**

Email: support@encompass-supports.com

About Us

At the Langley Youth Hub, any youth in our community will find acceptance and care under one roof. The Hub provides opportunities to meet the basic needs of youth such as food, showers, laundry, and toiletries. We also provide services such as medical care, substance use counselling and harm reduction programs, mental health counselling, employment and housing support, and life skills training - all of which are imperative in increasing the overall well-being of youth. The services and programs of the Hub are provided in-kind through our partner organizations.

**Fraser Valley Aboriginal Children and Family Services
Society (FVACFSS)**

**Langley
106-20644 Eastleigh Cres
Langley, BC V3A 4C4
Phone: (604) 533 – 8826
Toll-free: 1 (855) 533 – 8836
Fax: (604) 533 – 8827**

Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) is British Columbia's largest fully delegated Aboriginal child welfare agency providing culturally appropriate and holistic services through prevention, community development, and child welfare programs to Aboriginal (status, non-status, on-reserve, off-reserve, Stó:lō and other First Nation, Inuit, and Métis) children, youth, and their families residing throughout the Fraser Valley. Approximately 90 per cent of the families we work with are off-reserve.

ENCOMPASS COUNSELLING SERVICES

#103 – 20230 64th Avenue

Langley BC, V2Y 1N3

Ph: 604-534-2171

Fax: 604-534-8802

counselling@encompass-supports.com

Our Clinical Counselling Programs

TRAUMA THERAPY PROGRAM

For individuals of all ages who have experienced trauma.

This is a fee-for-service program.

GENERAL COUNSELLING PROGRAM

For individuals of all ages who are struggling with anxiety/depression, stress and/or interpersonal conflicts.

This is a free service.

SEXUAL ABUSE SUPPORT SERVICES

For individuals 18 years old and under who have experienced sexual abuse or assault; and for individuals 12 years and under who are exhibiting sexualized behaviour.

This is a free service

24 HOUR CRISIS LINES FOR TEENS

- ✓ **Kids Help Phone at 1-800-668-6868** provides kids and teens access to a professional counsellor by phone to discuss their issue or concern 24 hours a day.

- **Mental Health Support • 310-6789**

- **1-800-SUICIDE • 1-800-784-2433**

- **Online Service for Youth • www.YouthinBC.com**

- **Alcohol & Drug Info & Referral Services (800) 663-1441. All Ages. Hours: 24 hrs**

- **BC Mental Health & Addiction Information / Resources (800) 661-2121 / 310-6789 (24 hour distress line)**

- **Children's Help Line (604) 310-1234 (toll free call) Ages: 19 years and younger (Hours: 24 hrs)**

- **Erase Bullying Website: www.erasebullying.ca**

24 HOUR CRISIS LINES FOR TEENS

- **Fraser Valley Regional Crisis Line 1 (877) 820-7444**

- **Cybertip / Sexual Exploitation Helpline
(866) 658-9022**

- **Problem Gambling Information & Referral Services (888)
795-6111**

- **Youth Against Violence Line (800) 680-4264 / (604) 836-
6381 (text)**

Confidential, multilingual number to report information concerning violence, drug activity or gang actions. This line is also used to alert police of an upcoming crime or fight. Texts and emails are checked every 1/2 hour; all tips are looked into. Ages: All Ages, Hours: 24 hrs

Website: www.youthagainstviolenceline.com